

WINGSPREAD

Randolph Air Force Base ♦ Texas 60th Year ♦ No. 28 ♦ July 14, 2006

Base teen becomes Pilot for a Day

By Bob Hieronymus
Wingspread staff writer

Members of the 560th Flying Training Squadron were able to bring at least a morning's worth of fun to one of Randolph's own, Justin Frazier, a teenager undergoing cancer treatment, July 7.

Through the Pilot for a Day program, the 17-year-old went on a five-hour tour of four different aircraft on the flight line, the 560th FTS operations room and Freedom Hall, a walk up to the cab of a control tower, a T-38 simulator ride and an elevator ride to the top of the Taj Mahal.

The day of activities "was tiring," said Justin with a big grin, "but well worth it."

The 560th FTS hosted its first Pilot for a Day in December 1994 and accepts a limited number of children with serious medical conditions each year.

"This story isn't about us," said Lt. Col. Martin McKinnon, Justin's host for the day. "We're just bringing some excitement and hope into lives that need a little extra encouragement."

Accompanied by his parents, Tech. Sgt. Sam and Astrid Frazier, and his 14-year-old sister, Nadja, Justin didn't need any coaxing to climb into the cockpits of the T-38, T-1A, T-6A and T-37.



Capt. Robert Mims (right), 559th Flying Training Squadron, answers Justin Frazier's questions about the instruments and switches in the cockpit of a T-37 aircraft as Justin's father, Tech. Sgt. Samuel Frazier, 12th Logistics Readiness Division, listens in. The 560th Flying Training Squadron gave Justin a tour of the flying operations on Randolph through the unit's Pilot for a Day program. (Photo by Melissa Peterson)

See Teen on page 4

Randolph civilians begin training for NSPS

Base to implement new civilian personnel system in January for Spiral 1.2

By Staff Sgt. Lindsey Maurice
Wingspread editor

Hundreds of Randolph civilians begin training this month for the National Security Personnel System projected to kick off on base in January.

Randolph is one of 13 bases taking part in the second stage, Spiral 1.2, of the Department of Defense's new civilian personnel system implementation process which runs from October to January. Other Texas bases taking part in Spiral 1.2 include Lackland, Goodfellow, Laughlin and Sheppard.

The system was initiated by the Secretary of Defense to move from a regulation based personnel

system to a results-oriented management system that emphasizes paying people for their performance and providing managers more flexibility, said NSPS officials.

"This is the most significant change in personnel management in more than 50 years," said Barbara Bragg of the 12th Flying Training Wing NSPS program office. "This will affect the lives of many Randolph civilians."

Department of Defense officials project that about 650,000 of its civilian employees will eventually be covered under NSPS. The new system covers only general schedule and general manager non-bargaining unit employees such as supervisors, human resource personnel, managers and management officials. Randolph encompasses about 1,800 of these employees, said Peter Zerda of the 12th FTW NSPS program office.

"This means we have a lot of work to do in the months ahead," said Mr. Zerda.

Brig. Gen. Thomas Owen of the Air Education and Training Command met with base leadership June 29


to discuss the program and Spiral 1.2 while Randolph NSPS Implementation Team members met later that day to further discuss the base's implementation and training plans.

"We have a good roadmap to navigate Randolph civilians through the upcoming months and Spiral 1.2," said Mr. Zerda. "We just ask those civilians affected by the new system to remain focused in getting trained and ready and become as educated as possible on NSPS."

About 11,000 civilian employees, including those at the Air Force Audit Agency at Randolph, successfully deployed NSPS as part of Spiral 1.1 in April, said NSPS officials.

"Everything went very smooth with the AFAA transition earlier this year," said Ms. Bragg. "We're confident things will go just as smooth with the rest of the base over the months ahead."

Randolph NSPS Implementation Team members will work through their organization contacts to schedule training dates for those employees affected by the new system.

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AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 110 Team Randolph members are deployed in support of military operations around the globe.

Commander's Action Line



Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

Operation Safe Summer

101 Critical Days of Summer

"Zero Fatalities"

Grilling Safety

According to the National Fire Protection Agency, in 2002 there were 4,400 fires involving barbecue grills causing more than \$30 million in property damage.

DUI UPDATE

Team Randolph's last DUI was March 18, 2006

View from the Top: The first year

Gen. William Looney III
Air Education and Training Command commander

Recently, I celebrated my first anniversary as a member of the Air Education and Training Command team. During this time, we've faced a number of challenges and achieved tremendous success fulfilling our mission to develop America's Airmen today for tomorrow.

Shortly after I arrived, Hurricanes Katrina and Rita devastated Keesler Air Force Base, Miss., and a large portion of the Gulf Coast region. Instantly, I was amazed by your willingness to roll up your sleeves, jump in, and help those overpowered by these destructive storms. From performing heroic rescues to delivering emergency medical care to providing safety and security, First Command Airmen made a difference. Despite heavy damage to its infrastructure, the arduous task of rebuilding Keesler was quickly underway, thanks again to your efforts.

In fact, just days after Katrina wrought unspeakable destruction on the Biloxi and Gulfport areas, Keesler was back in business, training Airmen in critical career fields to keep our Air Force strong in the Global War on Terrorism.

Even through our recovery efforts, First Command Airmen remained focused on our mission, taking AETC to new heights in the process.

Our recruiters smoothly shifted efforts to help the Air Force meet our congressionally mandated end-strength, bringing in more than 20,000 new enlisted and officer personnel in the process. In addition, basic military training graduated more than 22,000 enlisted personnel and restructured the course to match a typical Air Expeditionary Force cycle in order to provide our new recruits more readiness and combat skills instruction. Along with their BMT accomplishments, in the arena of initial and

"Shortly after I arrived, Hurricanes Katrina and Rita devastated Keesler Air Force Base, Miss., and a large portion of the Gulf Coast region. Instantly, I was amazed by your willingness to roll up your sleeves, jump in, and help those overpowered by these destructive storms."

advanced skills training, 2nd Air Force and their technical training units graduated nearly 190,000 students.

Execution of the flying mission was outstanding! The organizations of the 19th Air Force flew nearly 560,000 hours, graduated 1,259 pilots and almost 20,000 new aircrew members. Additionally, the modernized avionics and glass cockpits in the T-6A and T-38C, combined with the stand-up of the F-22A Raptor training program at Tyndall AFB, Fla., allowed AETC-trained pilots to become combat ready and continue our tradition of air dominance.

All along, Air University continued to be a recognized pillar of excellence, providing educational opportunities to more than 179,000 graduates via residence and distance learning programs.

All total, AETC recruited, trained, and educated more than 432,000 Airmen for our Air Force and the joint commanders during our first year together. And you accomplished all of this while deploying 3,822 AETC Airmen to fight the GWOT.

Marilyn and I have had the opportunity to visit all of our installations and meet the magnificent men and women who make up AETC. At each and every stop, we are awed and overwhelmed with the dedication,



Gen. William Looney III

AETC
VIEW FROM
THE TOP
★★★★

commitment, and performance of our Airmen and their families. It is so obvious that the strength and foundation of AETC is our people. Your commitment to integrity, service and excellence keep us the recognized world center of excellence for training and education. And you – the Airmen of the First Command – are the key in making AETC a "command of choice."

Let me also take this opportunity to thank all our family members for their unwavering support and sacrifice. Without you, we would not be the world's greatest Air and Space Force!

With all we've done so far, I'm excited to begin my second year as your commander, and look forward to even greater accomplishments as we continue to deliver unrivaled education and training to the greatest Air and Space Force the world has ever seen. It's my great privilege and honor to serve with you as we develop America's Airmen today ... for tomorrow.

Congratulations Retirees

Col. Bryan Kuhlmann
Air Education and Training Command

Chief Master Sgt. Larry Cole
AETC

Juanita Milligan
12th Logistics Readiness Division

Maj. Keith Kenyon
AETC

Master Sgt. Danny McFarlin
12th Security Forces Squadron

Master Sgt. Jeffrey Simpson
AETC

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

WINGSPREAD

12th Flying Training Wing

Editorial Staff

Col. Richard Clark
Commander

Capt. Heather Kekic
Chief of Public Affairs

Staff Sgt. Lindsey Maurice
Editor

Prime Time Military Newspaper

Contract Staff

Bob Hieronymus
Staff Writer

Maggie Armstrong
Graphic Designer

Wingspread office:

1 Washington Circle, Suite 4
Randolph AFB, Texas 78150
Phone: (210) 652-5760
Fax: (210) 652-5412

Wingspread Advertisements:

Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: (210) 675-4500
Fax: (210) 675-4577

Wingspread online:

www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412. For more information about submissions, call 652-5760.

CGO learns keys to smooth employment transition

By Capt. Elaine Larson
Air Education and Training Command Public Affairs

I'll be honest. I was irked when I learned about Force Shaping. It was certainly not in my plans to have to face the decision to bail on the Air Force I love or face the possibility of being forced out of it so early in my career. But instead of staying mad and grumbling quietly, I decided to take control of the situation and put in the effort needed to ensure success for me and my family. With a lot of hard work and the help of professionals, the disappointment of Force Shaping turned into a vast horizon of opportunities.

In fact, I just accepted a job offer – and not just any job offer. I'll be working for a great company, continuing to serve a purpose greater than myself (and the bottom line), growing as a professional and making more money than I thought possible at this point in my life. My point is that with the right preparation, the opportunities for junior military officers have never been greater than they are now. And while this article is addressed mainly to officers, the lessons learned can be applied universally.

If you have been affected by Force Shaping, or if it's simply time to transition to the corporate world – now is a great time to get started. In fact, according to RHR International, companies are looking to lose more than half their senior management over the next five years. The numbers emphasize the reality: 77 million baby boomers are projected to retire, and the entire Generation X behind them (22 to 44-year-olds) consists of only 46 million people. That equals big opportunity for anyone looking to get a new career started.

Another key point to remember when starting a career search is that military experience is valued in today's society. By virtue of being officers, we've gained a host of leadership and strategic planning experiences that our civilian counterparts haven't had – not to mention a world perspective that is vastly larger and more informed than the average citizen. So, even though you're starting this career a little later than your peers, you are qualified and valued.

Also, stop and think about what you really want to do with your life. Transitioning out of the Air Force is a very big step and a huge opportunity to take your life where you want it to go. Being able to articulate what you want to do and why will go a long way in getting you on the right path. Also, once you start interviewing, companies will want to see some conviction about where you want to be. They'll ask questions like: "Why do you want to do medical

10 Tips for Interviewing Success

- 1) What specific talents does the interviewer need?
- 2) What can I say or do to lend proof of my ability to contribute to this job and company?
- 3) How can I convince this interviewer that I'm the right person for this job?
- 4) What were the results of my accomplishments?
- 5) How can I answer this question and tie it to my Air Force experience?
- 6) Remember to sell yourself throughout the entire interview.
- 7) Be smart and honest.
- 8) Focus all interview answers on connecting your experience to the job and the career field.
- 9) Clearly explain the type of leadership you've had to use in different situations.
- 10) Practice, practice, practice.

sales?" "Why do you want to work for Company ABC?" During the interview is not the time to figure that out or convince yourself of some good reasons.

Often the hardest part of transitioning out of the military is just getting an interview. I know several lieutenants and captains who have spent months sending out resumes with few or no responses. However, corporate recruiters can do the hard part for you – get you the interviews. In fact, by working with a corporate recruiter during my transition I was able to interview with 13 quality companies within a two-week period. This also allowed me to weigh the options simultaneously, instead of one at a time.

There are various sizes and shapes of recruiting agencies. Some specialize in placing military officers; others specialize in the specific industry you're looking to enter. Some will require a fee; others are free to the candidate because they get paid by the company that hires you. A simple internet search can help you find the company that is right for you.

With or without the help of a corporate recruiter, the interviews are where you can make or break your career search. Interviewing can be a lot of fun, if you're prepared. Have your anecdotes ready to go, and don't forget to build rapport with the interviewer by using first names and smiling.

I also found the following suggestions from my recruiters particularly useful during the 34

individual interviews they set up for me:

Elaine's Top 10 Things to Consider for Interviewing Success:

What specific talents does the interviewer need?

What can I say or do to lend proof of my ability to contribute to this job and company?

How can I convince this interviewer that I'm the right person for this job?

What were the results of my accomplishments?

How can I answer this question and tie it to my Air Force experience?

Remember to sell yourself throughout the entire interview – the resume won't do it for you.

Be smart-honest. Think about your answers. Always maintain your integrity, but don't inadvertently rule yourself out by not thinking through your answer. (For example, if they ask your geographical preference and you're interviewing for a job in Madison, Wis., don't answer that you want to live on the East Coast. Keep your options open by saying you're hoping to be placed somewhere east of the Mississippi.)

Focus all interview answers on connecting your experience to the job and the career field. You have to "build bridges" for the interviewer between your military accomplishments and the skills necessary to do the job or work in the industry you're interviewing for. The interviewer won't make the leap for you – you'll have to spell out the connections.

Clearly explain the type of leadership you've had to use in different situations. One of the larger fears companies have when hiring military officers is that the officer only knows how to get things done by giving orders. Things don't work like that outside of the military, and companies need to know that you can motivate people and build teams without pulling rank. Give examples where you've had to influence and persuade people over whom you've had no authority or gained support for a team project.

Practice, practice, practice. There is no substitute for good practice. Tape record your answers, watch yourself in the mirror or ask your spouse or a friend to interview you. You can also visit the family support center where they can schedule you for mock interviews and give you a videotape of the session so you can go home and critique yourself.

Bottom line is you will get out of your career search what you put into it. The opportunities that await you are worth it. And don't forget that by serving in the Air Force Reserves or Air National Guard, you can work in the corporate world and keep wearing that beautiful Air Force blue.

NEWS

Readiness NCO wins AETC award

By Bob Hieronymus
Wingspread staff writer

In this modern Air Force, being flexible and responding to new challenges are part of normal operations. Sometimes those challenges come faster than expected.

Master Sgt. Todd Remington of the Randolph Family Support Center had one of those years in 2005 for which the Air Education and Training Command recognized him with the command's annual Readiness Award.

Sergeant Remington was officially presented the award during the 12th Flying Training Wing stand-up briefing June 27.

One of the sergeant's biggest projects while at Randolph was spearheading the base effort to support the evacuees from Hurricanes Katrina and Rita.

"We had only a few hours to get things set up to handle the evacuees," he said. "Teamwork is what made it happen."

Sergeant Remington was responsible for setting up the base support system for more than 1,500 people displaced by the storms. As part of that effort, he found a way to make photo identification cards for some 100 people who were not a part of the Department of Defense but who needed to temporarily use base facilities.

But the readiness NCO's work wasn't limited to just



Master Sgt.
Todd Remington

“He really cares about the people affected by these remote assignments because he has seen it first hand. That makes him a most valuable asset to our family support operations.”

Elizabeth McKinley
Family support center supervisor

Randolph. He also went to Houston to help process the return of Airmen to Keesler Air Force Base, Miss., after the hurricanes.

Apart from the hurricane relief efforts, the sergeant also helped Brooks City Base develop an on-the-job-training master task list for its readiness office.

Because of his experience and skill, the sergeant was also selected to be part of a Tiger Team developing a command-level redeployment program, according to

his nomination package.

These and many other accomplishments were recognized when he was named the 12th Mission Support Squadron senior NCO of the Quarter for the third quarter and was the only senior NCO recognized as a top performer during the AETC Operational Readiness Inspection last September.

Elizabeth McKinley, FSC supervisor, said Sergeant Remington's background as a security forces dog handler equips him in a unique way for his readiness NCO position.

"Having spent so much of his career living with the possibility of urgent deployment orders, he understands what it's like for not only the service members but also their families," she said. "He really cares about the people affected by these remote assignments because he has seen it first hand. That makes him a most valuable asset to our family support operations."

In addition to his daily work as a readiness NCO at the FSC, Sergeant Remington is involved in many off-duty activities. He coached two youth soccer teams simultaneously just to ensure the teams could participate in their leagues. He is also a regular player in base awards ceremonies and an emcee at monthly promotion ceremonies.

"But my real joy is my family," he said. "My wife, Lety, and our three children just make every day worthwhile."

Sohan takes command of 12th MSG

By Bob Hieronymus
Wingspread staff writer

The 12th Mission Support Group welcomed its new commander, Col. James Sohan, during a change of command ceremony Monday at the officers' club.

Family, friends and unit members gathered to watch Col. Richard Clark, 12th Flying Training Wing commander, pass the 12th MSG flag to its new commander at the ceremony.

In his short remarks after accepting command of the group, Colonel Sohan said he was truly excited to be on Randolph again.

"My goal is to continue the standard of excellence I am inheriting," he said. "Let's get it done!"

As the 12th MSG commander, Colonel Sohan is responsible for the wide-ranging services that support some 42 units and agencies and 60,000 people related to Randolph.

The 12th MSG encompasses the 12th Security Forces Squadron, 12th Contracting Squadron, 12th Communications Squadron, 12th Mission Support Squadron, 12th Logistics Readiness Division, 12th Services Division, 12th Civil Engineer Division and the Trainer Development Flight.

Colonel Sohan is a graduate of the University of Illinois with Bachelor's



Col. Richard Clark (left), 12th Flying Training Wing commander, passes the 12th Mission Support Group flag to its new commander, Col. James Sohan, during the formal change of command ceremony Monday. (Photo by Richard McFadden)

and graduate degrees in architecture. The Pontiac, Ill., native earned his commission through Officer Training School and has spent his Air Force career in assignments related to engineering.

This is the colonel's third tour of duty at Randolph, having served twice in engineering staff positions at Air Education and Training Command. He also commanded engineering squadrons at the former Reese Air Force Base, Texas, and Kunsan Air Base, Korea.

In his last assignment before coming to Randolph, the colonel commanded the 312th Training Squadron, Goodfellow AFB, Texas. The 312th TS is responsible for all Department of Defense basic and advanced fire training.

The colonel is a graduate of both the Air Command and Staff College and the Joint Combined Staff Officer School.

He is married to the former Pam Allen. They have two daughters, Cady Jo and Kelly, and one son, James.



Lt. Col. David Green (left), 560th Flying Training Squadron, shows Justin Frazier, Pilot for a Day, how to control a parachute. (Photo by Melissa Peterson)

Teen

Continued from Page 1

He was interested in all the instruments and switches and asked the pilots lots of questions about their various aircraft. But the real thrill for Justin came in "flying" the T-38 in the simulator.

"It's neat to see how the simulator seems to actually fly," he said.

Nadja also took a turn in the simulator, but admitted she "crashed" her bird on her first attempt at landing.

Sergeant Frazier, who had been an aerospace ground equipment technician at Royal Air Force Fairford in England, accepted a compassionate re-assignment to Randolph so Justin could receive the medical treatment that was not available overseas. He now works in the 12th Logistics Readiness Division from where Justin was nominated for the special day.

When the day's activities were done, Justin thanked everyone and said how much he appreciated all he had seen and done.

"And that view from the top of the Taj – that was awesome," he said.

NEWS BRIEFS

AFRS change of command

Col. Suzanne Vautrinot takes command of the Air Force Recruiting Service from Brig. Gen. Robertus Remkes in a ceremony Monday at 10 a.m. at Building 491.

AFOSI change of command

Col. William Stephens takes command of the Air Force Office of Special Investigations Region 4 from Col. Angela Layman in a ceremony July 21 at noon in the officers' club.

Randolph Top-3 induction

The Randolph Top 3 hosts the base senior NCO induction ceremony July 21 at 6 p.m. at the enlisted club.

For details, call 565-2362.

Legal office closure

The 12th Flying Training Wing legal office is closed today for an official function.

For emergencies, call 275-2453.

Enlisted education records

The Air Force Automated Education Management System is now the official system of records for base education centers.

The Randolph Education Center will no longer maintain paper copies of education records for Airmen. Education center officials ask all enlisted members who want to retain their paper records stop by the center, located in Building 208, and pick them up by July 31.

For details, call 652-5964.

Pre-Kindergarten registration

Active duty military parents who reside on base and have a child turning 4 years old on or before Sept. 1, can register that child for pre-kindergarten classes Aug. 1 from 8:30 a.m. to 3 p.m. at the Randolph Elementary School.

Parents not residing on base should contact their neighborhood school for more information about enrollment there.

Randolph parents must bring with them proof of residency, their driver's license and child's immunization record, Social Security card and birth certificate when registering their child.

Pre-kindergarten classes are offered on a half-day basis on base from 8-11 a.m. and 12:15 to 3:15 p.m.

AFGE meeting

The next meeting of the American Federation of Government Employees Local 1840 is Tuesday at 5 p.m. in Building 201 on the east side of the commissary.

Correction notice

In the July 7 issue of the Wingspread on page 15, the caption for the photo in the lower right corner of the page should read, "First year intern Ivan Cerda learns how to top off the oxygen system of a T-37 Tweet by working under the close supervision of flight line mechanic Larry Padilla."

12th Flying Training Wing Training Status									
Pilot Instructor Training			Navigator, EWO Students				Wing Flying Hour Program		
As of Monday			562nd FTS		563rd FTS		Aircraft	Required	Flown
Squadron	Seniors	Overall	CSO/NFO		CSO		Annual		
99th FTS	1.0	0.6	USAF/AF Res./ANG	259	OPS	28	T-1A	464.4	255.2
558th FTS	-1.0	-1.7	Navy	31	Advanced EW	28	T-6A	774.4	359.6
559th FTS	-3.2	-1.3	International	6	Integration	0	T-37B	275.2	105.8
560th FTS	2.7	0.8	Total in Training	296		20	T-38C	468.6	254.7
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.			The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.			
							T-43	192.5	107.0
									3,982

Ticket time

Motorist cell phone violation grace period over on base

By Staff Sgt. Lindsey Maurice
Wingspread editor

The 60-day warning without penalty grace period for motorists using cell phones while driving is no longer in effect.

Base security forces officials are now ticketing offenders of the Department of Defense and Air Force-wide policy that bans cell phone use while driving on a military base or when driving a government owned vehicle unless using a hands-free device.

"Base motorists have had at least three months to take in the new policy since it was put into effect at Randolph," said Master Sgt. Frankie Brown, 12th Security Forces Squadron flight chief. "Violating the cell phone policy is considered a primary offense, which can result in a ticket with the loss of three points toward base driving privileges."

If a driver accumulates 12 points in a 12-month time period, they can lose base driving privileges for a year, Sergeant Brown added.

The Sergeant reminds motorists that while they are permitted to use hands free cell phone devices, they are prohibited from using other portable headphones, earphones and listening devices while driving.

In keeping with safety, the flight chief also encourages drivers not to get distracted by other tasks such as playing with the radio or using GPS and personal digital assistants.

"Cell phones, palm pilots, blackberries – all of these things impede a driver's performance and using them while driving creates an unnecessary risk to the driver and the public," said Sergeant Brown.

According to the Insurance Information Institute Web site, drivers talking on their cell phones are four times as likely to get into a car accident serious enough to injure themselves or others and twice as likely to miss a traffic signal.

"Drivers using their cell phones have a slower reaction time to what is happening on the road," said Sergeant Brown. "This isn't a statistic we want to deal with at Randolph."

According to tests conducted by the National Highway Traffic Safety Administration, drivers talking on a hand-held cell phone were less able to maintain a constant speed and found it more difficult to keep a safe distance from the car in front of them. On average, it took hand-held mobile phone users half a second longer to react than normal. This means for a person traveling 70 miles per hour, the



Senior Airman Tony Sires, 12th Security Forces Squadron, pulls over a Randolph motorist violating the Department of Defense and Air Force-wide cell phone policy, which requires motorists talking on their cell phones while driving to use a hand free device. The 12th SFS' initial 60-day warning without penalty grace period is over. (Photo taken and staged by Steve White)

half-second difference is equivalent to traveling an additional 46 feet before reacting to a hazard on the road.

"These statistics alone should encourage drivers not to use cell phones while driving," said Sergeant Brown.

"But the bottom line is aside from being unsafe it's against base rules – so don't do it."

The base cell phone policy can be found in Air Force Instruction 31-218(I), Motor Vehicle Traffic Supervision.

Program offers chance to work with foreign air force

WASHINGTON (AFPN) – Officers from almost any specialty, and some NCOs, can have the opportunity to live and work as a foreign air force member through the Military Personnel Exchange Program, which allows nations to learn how other air forces operate.

Maj. P.K. Carlton, currently serving as a Royal Air Force instructor pilot flying the RAF's Typhoon, took his first solo flight in the fighter in May while assigned with the RAF. He is assigned to RAF Station Coningsby, the service's premier fighter station.

Through MPEP, the U.S. Air Force builds, sustains and expands international relationships critical to its expeditionary air and space force. MPEP allows the Air Force to exchange people in equivalent grades and specialties with allied nations, enhancing its ability to perform coalition operations.

The goals of the program include promoting mutual understanding and trust; enhancing interoperability through mutual understanding of doctrine, tactics, techniques and

procedures; strengthening Air Force-to-air force ties; and developing long-term, professional and personal relationships.

Major Carlton, who is an F-16 Fighting Falcon pilot, said both jets are very similar.

"The biggest difference is in the RAF's 'rules to fly by,'" he said.

Each country has different aircraft regulations and all pilots participating in the program must be knowledgeable about those variations, which can include differences in approach and takeoff distances.

Countries involved in the program include France, Italy, Spain, Jordan, Denmark and Norway. There are 166 Air Force exchange positions involving 163 officers and three NCOs in 23 countries.

Airmen assigned to MPEP must integrate completely into the host nation's air force. All participants must be able to speak the native language of the host country fluently.

More information can be found in AFI 16-107, Military Personnel Exchange Program.

Government travel card responsibilities

The 12th Comptroller Squadron reminds government travel card holders of the following key responsibilities:

- Department of Defense members should only use the GTC for purchasing official travel-related services as specified in their organization's specific travel authorization order.
- It is the GTC holder's responsibility to understand and comply with their organization's policy regarding the definition of authorized purchases and official government travel. Use by anyone other than the approved cardholder is strictly prohibited.
- Cardholders are responsible for paying the charges by the statement due date and complying with the terms and conditions of the cardholder agreement.
- Cardholders must request maintenance such as an address change to their GTC account in accordance with their organization's policies and procedures.
- Members should call the Bank of America at 800-472-1424 immediately to report a lost or stolen GTC. Cardholders must also notify their agency program coordinator about a lost or stolen travel card as soon as possible during normal business hours.

Contact your unit agency program coordinator for more information regarding your organization's specific GTC policies and procedures.



Tech. Sgt. Bill Bartleson



Unit: Air Force Services Agency
Duty Title: NCO in charge logistics management specialist

Hometown: El Paso, Texas

Hobbies: Swimming, basketball and playing video games with my son. Attending my daughter's Randolph High School dance team competitions.

Greatest Accomplishment: Most importantly my family and also making the Air Force a career.

Goals: To use all the knowledge gained in my life experiences to help others and appreciate life.

Personal Inspiration: My mom and dad for raising me to be the individual I am today. My wife Janet, a breast cancer survivor, because she has shown me what it means to have true faith in our Heavenly Father.

Personal Motto: "Be all you can be... I mean aim high!"

Pet Peeve: People driving in the fast lane while on a cell phone.

Supervisor's Comments: "Sergeant Bartleson personifies the ideal Airman. His daily attention to detail and supply expertise allowed the agency to accomplish every assigned task, providing superior customer service around the world. Sergeant Bartleson managed a \$2 million yearly base-line budget. As the agency's vehicle control officer, he managed and scheduled maintenance on the agency's fleet of 17 vehicles. Sergeant Bartleson's exemplary performance earned him recognition as the directorate Noncommissioned Officer of the Quarter three times in the past two years."

Master Sgt. Mike Arellano
AFSA Information and Communications chief

To submit a junior officer, enlisted member or civilian employee for the Showplace Showcase column, commanders can send an e-mail to Staff Sgt. Lindsey Maurice at lindsey.maurice@randolph.af.mil or call her at 652-5760 for details.

ADC helps, defends local Airmen

The Randolph Area Defense Counsel bares a new face.

Capt. Sondra Bell, became the Randolph and Brooks City-Base Area Defense Counsel attorney in late June, after her previous assignment as the 12th Flying Training Wing Military Justice chief.

“I look forward to the opportunity of providing quality defense services to the base’s military personnel,” said Captain Bell.

The captain is joined by Staff Sgt. Maria Perez, who works as a defense paralegal.

The Area Defense Counsel provides legal services to military members facing a variety of situations including courts-martial, nonjudicial punishment proceedings, letters of counseling, admonishments, reprimands, unfavorable information files and administrative discharges.

“Our mission is to provide competent, zealous and loyal service to all our clients, while at the same time, maintaining professionalism consistent with the best traditions of military service,” said Captain Bell. “We’re able to achieve this mission because the Air Force designed our office to operate independently of both the base legal office and the installation’s chain of command.

“That’s very important because it allows us to work for our clients’ interests and their interests alone.”

Captain Bell said all communication between her office and her clients is kept strictly confidential.

“We’re bound by the law and by our profession to maintain strict confidentiality with our clients,” she said. “Our clients can rest assured that any matters they discuss with us will remain completely private.”

Apart from assisting clients who are already undergoing adverse actions, the ADC office seeks to educate members about ways to avoid disciplinary action.

“One of the best things we can do for Randolph Airmen is to let them know how to avoid trouble in the first place,” said Sergeant Perez.

The paralegal suggests Airmen abide by the following guidelines to best avoid disciplinary action:

- Avoid alcohol offenses.

Airmen under the age of 21 should not drink alcohol. Those Airmen 21 years old or older should not drive if they have been drinking. Airmen should have a plan in



Staff Sgt. Maria Perez, (right) defense paralegal, goes over paperwork with Capt. Sondra Bell, Randolph Area Defense Counsel, Monday. (Photo by Steve White)

place before going out. If they end up drinking and don’t have a way to get home, they should call for a taxi, their first sergeant, or other trusted sober person.

“Most criminal offenses involve alcohol as a contributing factor,” said Sergeant Perez. “Consequently, most problems can be avoided simply by drinking legally and responsibly.”

- Inspect your military identification card and driver’s license. If they have been altered in any way, immediately seek valid replacements.

“Alterations will inevitably be noticed by someone of authority,” said Sergeant Perez. “The consequences are not worth the risk.”

- Choose your friends wisely.
- If you have friends who tend to get into trouble, send them packing,” she said. “Your military career and the rest of your life hang in the balance. It’s nothing personal, just business.”
- Avoid illegal drugs at all costs.

“Don’t fall for the old, ‘I’ll never get caught,’ routine,” said Sergeant Perez. “Randolph has an aggressive urinalysis program and you never know when or where you will be tested.”

No substance can artificially clear your system or effectively mask the presence of illegal drugs, she said. Not only should Airmen avoid common illegal drugs like cocaine, marijuana, and methamphetamines; they should also avoid prescription medications that were not specifically prescribed to them by a physician.

“A good rule to remember is if drugs are present, you shouldn’t be,” she said.

- Don’t lie, even a little.

Airmen should either choose to stay silent until they speak with the ADC, or tell the truth, said Sergeant Perez.

- Live within your means.

Airmen should not use their government travel card as a way of replacing their own credit cards. The GTC is for official business while on temporary duty or permanent change of station status only. Airmen should have a budget and stick to it.

- Be squared away.

“Your appearance, punctuality and military bearing reflect who you are,” said Sergeant Perez.

Airmen must remember that even if they’re not in uniform, they’re still on duty 24 hours a day, seven days a week.

“If Airmen just follow these guidelines, they can avoid most of the pitfalls that are out there,” said Sergeant Perez.

Captain Bell encourages Randolph Airmen who may be suspected of committing an offense to contact her or Sergeant Perez immediately.

“Remember you have the right, under both the United States Constitution and the Uniform Code of Military Justice, to remain silent and consult an attorney,” she said. “No one can take that right away and no one can legally hold it against you.

“We urge all military members suspected of committing an offense to seek our advice before making any statements or answering questions.”

The ADC office is located in Building 399, Room B40.

To schedule an appointment, call 652-2274. (Courtesy of the Randolph Area Defense Counsel)

HAWC teaches mothers-to-be how to stay fit

By Staff Sgt. Lindsey Maurice
Wingspread editor

The Randolph Health and Wellness Center offers a special class for mothers-to-be interested in learning the best ways to stay fit throughout their pregnancy and to do so safely.

The Fit Mom class, offered monthly at the center, is designed to teach mothers safe exercise methods and nutritious eating habits so they can maintain a healthy weight during the pregnancy and after giving birth.

“This is a great class for expectant mothers,” said Kimberly Houk of the HAWC. “Not only do mothers learn some great exercise and nutrition tips, but it helps dispel myths and misunderstandings some women have regarding physical activity and pregnancy.”

The class covers such topics as physiological changes the body endures during pregnancy, how to choose safe exercise methods, measure intensity properly, recognize warning signs and concerns, healthy eating choices and ways to help relieve nausea.

Staff Sgt. Anese Jones of the Air Force Recruiting Service took the class earlier this year and said she found it to be very helpful.

“Everyone has their opinion about being pregnant –

“Not only do mothers learn some great exercise and nutrition tips, but it helps dispel myths and misunderstandings some women have regarding physical activity and pregnancy.”

Kimberly Houk
Randolph Health and Wellness Center

how it should be, what you should do and so on,” she said. “This class puts everything into perspective concerning diet and exercise. I was relieved to know that it’s safe to jog while your pregnant if you feel comfortable doing so.”

The class is open to active duty Airmen, Reservists, Department of Defense civilians and family members. Spouses are also welcome to accompany their wives to the class.

“It’s important to have a support network,” Ms. Houk said. “Those women, who are pregnant with their second or third child, may need their spouse or

significant other to help out and watch the children so they have time to exercise.”

The next class is Aug. 9 from 1-2:30 p.m. at the HAWC. Seating is limited to 20 students.

“This is the first time the class is offering a specific nutrition education section taught by a nutrition technician,” said Ms. Houk. “It should be very beneficial.”

The base exercise physiologist reminds those mothers-to-be who are active duty that they are still required to engage in physical activity to maintain cardiovascular and muscular fitness throughout the pregnancy and postpartum period, according to the fitness program Air Force Instruction 10-248, in accordance with medical guidance.

“Members are exempt from fitness testing during pregnancy and for 180 days after the delivery date, but this exemption is only for the fitness test,” she said. “It doesn’t exclude the member from participating in a fitness program.”

Ms. Houk encourages pregnant Airmen to discuss their fitness program with their (medical) provider. As the base exercise physiologist, she said she is also available to answer any questions they may have.

“I’m here to help,” she said.

To sign up for the Fit Mom class or for more information, call 652-2300.

12 CS defeats 562 FTS students 12-9



Navigators Barry Gibbs (left) and Matt Vogel wait in anticipation of the ball as Communicator Omar Saenz slides into third base. (Photo by Javier Garcia)

By Staff Sgt. Lindsey Maurice
Wingspread editor

The 12th Communications Squadron brought home its first intramural softball victory over the 562nd Flying Training Squadron Students this season at 12-9 Monday at Yankee Field.

The win was highlighted by two three-run home runs from Communicators Jerry Graham and JD Stevens in the first and fourth innings.

“Our guys stepped up and put the ball in play,” said 12th CS coach Scott McLaughlin. “We hustled on the base path and made the Navigators work. We also did a great job on defense of not making costly errors throughout the game to give them free runs.”

The Communicators took an early lead in the bottom of the first inning as Graham followed a Stevens double with a three-run home run to center field.

The Students answered back as Garrett Bridges hit a sacrifice fly to left field with bases loaded to send teammate Kris Waechter home for their first run. Navigator Tony Jannazo hit a second RBI single on the next play, closing the gap to one. With two outs on the board, a final ground out to CS pitcher Kris Kite ended the scoring run.

Communicator Jupiter Garcia pounded a home run over the center field fence to open up the bottom of the second with a 4-2 CS lead. But the Communicators were quickly silenced with two fly outs to Navigator center fielder Jannazo and a ground out to first base.

With two outs in the top of the third, Waechter tied up the game for the Navigators at 4-4 with a two RBI triple.

The Communicators came to the plate swinging in the bottom of the inning. Greg Brown smashed a double to left center field, followed by a walked run and an RBI single from Omar Saenz. Garcia tacked on one more run with a sacrifice fly to left field to close out the inning at 7-4.

Navigator Brian Taylor hit another RBI single for the Students before CS’ Stevens hit his three-run home run in the bottom of the fourth to extend the Communicator lead to 10-5.

The Navigators answered back with three of their own including a two-run home run by Waechter and an RBI single by Jannazo to send Bryan Keating home.

With a lead of 10-8, the Communicators aimed for the fences and hustled down the base path as Cary Pannel slid into home off of a Steven’s base hit. Graham sent Terry Burden home with another hit past short stop to extend the lead to 12-8.

With one last chance to close the gap and the Navigators quickly losing their way with two outs, Jannazo hit another RBI single. But a tag out at first base closed out the game with a 12-9 CS win.

	SOFTBALL STANDINGS				as of Tuesday			
	<u>Mon-Wed Intramural</u>		<u>W</u>	<u>L</u>	<u>Tue-Thu Intramural</u>		<u>W</u>	<u>L</u>
	AFRS		7	0	AFMA/CON		5	0
	562 Students		4	2	AFPC		4	1
	12 CS		5	2	AETC CSS		4	2
	562/Charlie-Delta		3	4	Fire Dept.		2	4
	<u>Extramural</u>		<u>W</u>	<u>L</u>	<u>Extramural</u>		<u>W</u>	<u>L</u>
	AETC/DO		1	6	JPPSO		3	0
	12 MDG		0	6	AFOMS		3	0
					12 CPTS		3	0
					AFPC/DPAA		2	1
					AFAA		1	2
					AFRS		0	3
					AFPC/DPP		0	3
					AFMA		0	3

SPORTS BRIEFS

Stars and Stripes run

The fitness center hosts a Stars and Stripes 5 kilometer run Wednesday at 7 a.m. at Eberle Park.

3-on-3 basketball tournament

The fitness center hosts a three-on-three basketball tournament Aug. 2 from 11 a.m. to 1 p.m. The first team to reach 12 points or to score the most points within 15 minutes wins. There is a 12 team limit. Trophies are awarded to first and second place winners.

Pre-registration runs Tuesday through July 27 at the fitness center.

Basketball coaches wanted

The men’s and women’s varsity basketball teams are looking for qualified individuals to coach in the 2007 season. The season runs from October 2006 to March 2007.

Those interested should contact Rick Prado at rick.prado@randolph.af.mil.

Men’s varsity basketball team

The fitness center hosts a pre-season men’s varsity basketball team meeting Aug. 9 at 3 p.m. All active duty members, Department of Defense civilians and family members interested in participating are encouraged to attend.

Pool activities

• Senior splash

The fitness center offers a low impact water aerobics class for seniors every Thursday through Aug. 31 from 10-11 a.m. at the center pool.

The class is designed to help strengthen and tone muscles without aggravating joints and is recommended for improving circulation and stamina.

• Lap swimming

The south pool offers lap swimming Monday

through Friday from 6-8 a.m., 11 a.m. to 1 p.m. and 5-8 p.m.

• Swimming lessons

Parents can register their children ages 6 weeks and older for swimming lessons at the information, tickets and travel office, Building 897.

The cost is \$25 per session for season pass holders and \$50 per session for all others.

For more information, call 652-6508.

• Water aerobics

The fitness center offers water aerobics classes at the center pool Monday and Wednesday from 10-11 a.m.

Senior strength training

The fitness center offers a senior strength training class Tuesdays from 10-11 a.m. through Sept. 26.

The class covers how to use tubing, weights and low impact aerobics to increase strength, muscle mass and bone density and improve balance.

Air Force Marathon boasts new additions

By Rachel Castle
88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) – Officials announced that there will be a new team in town at the tenth anniversary Air Force Marathon. For the first time, a pace team will run with participants in the half-marathon, assisting participants who want to finish within a specific race time.

"We are very excited to add a new pace team to the half-marathon. The half-marathon is a great race for those who prefer a shorter course. Having a pace team will add to the competition and enhance an already great event," said Molly Loudon, marathon director.

Half-marathon pace times and team biographies will be posted on the event Web site, www.usafmarathon.com/, and will range from 1:40 to 3:00 hours.

In addition to the half-marathon pace team, the full-marathon pace

team will return to Wright-Patterson with a new, faster race time of 3:10. Other pace teams will run for 3:20, 3:30, 3:40, 3:50, 4:10, 4:20, 4:30 and 5:00. The pace team times reflect a variety of runner's needs, including the finishing times required to qualify for the Boston Marathon.

"The pace team is a group of experienced marathoners that lead runners through the entire 26.2 miles of the course at even, designated paces. Runners wishing to achieve a particular goal pace only need to meet up with the pace group leader at the starting line and run with that leader to achieve their goal," according to a pace team release.

The U.S. Air Force Marathon is Sept. 16 on the grounds of the National Museum of the U.S. Air Force. Runners registering online by July 31 receive a discounted entry fee. Race information can be found on the Web site or by calling 1-800-467-1823.

(Pace Team Director Jim Crist contributed to this article.)

AETC to sponsor teams, runners

Air Education and Training Command Services will field two teams and four individual runners in the Air Force Marathon on Sept.16 at Wright Patterson Air Force Base, Ohio.

Those athletes interested in participating should submit their team or individual nominations on an Air Force Form 303, Specialized Sports Training, to the fitness center.

AF Form 303s must be accomplished in Adobe Acrobat (.pdf) or ICS Viewer PureEdge (.xfd) format and e-mailed to Kenneth.O'Neal@randolph.af.mil by Wednesday. Faxed or hard copy submissions will not be accepted.

Detailed information is available at <http://afmarathon.wpafb.af.mil/>.

